

# HealthQuest

## 2018 Incentive Guide: Plan C, Q, N, and J

Employees and spouses in the above health plans who complete the REQUIRED Health Assessment and earn credits by participating in wellness activities throughout the year can earn a premium reduction in 2019. They can also earn HRA/HSA dollars to be awarded throughout 2018.

**Employee and Employee/Children Coverage:** Employees must earn 40 credits to receive the premium reduction of \$480 for 2019. Employees will also earn \$10 in their HRA/HSA for each credit earned, up to 50 credits, or \$500.

**Employee/Spouse and Employee/Family:** Employees and Spouses must EACH earn 40 credits to receive the premium reduction of \$480 for 2019. Employees and spouses will also earn \$10 in their HRA/HSA for every credit earned, up to 50 credits, or \$500 each.

Earning Period: January 1 – December 31, 2018

	Credit Value	Credit Max	HSA/HRA Dollars	HSA/HRA Maximum
2018 HealthQuest Program Overview Video and Quiz	3	3	\$30	\$30
<b>REQUIRED</b> Health Assessment Questionnaire	10	10	\$100	\$100
State-Sponsored Biometric Screening Services (on-site screenings or home test kits only. Limit 1 per program year.)	5	5	\$50	\$50
Preventive Exams: Annual Well Woman or Well Man Exam	5	5	\$50	\$50

Blood Pressure $\leq 120/80^*$ • Or CCE Controlling Blood Pressure workshop • Or High to Moderate risk category improvement	6	6	\$60	\$60
Glucose $< 100^*$ • Or CCE Managing Your Blood Sugar workshop • Or High to Moderate risk category improvement	6	6	\$60	\$60
Total Cholesterol $< 200^*$ • Or CCE Preventing High Cholesterol workshop • Or High to Moderate risk category improvement	6	6	\$60	\$60

\*Biometric Reporting form may be submitted for blood pressure, glucose, or total cholesterol values.  
If you do not qualify for a biometric value, you may complete the CCE Reasonable Alternative Workshop listed above.

Tobacco Cessation Program Completion	6	6	\$60	\$60
Naturally Slim (one-time activity)	15	15	\$150	\$150
Health Coaching (in-person or telephonic)	1	15	\$10	\$150
Wellness Challenges (credits equal to number of weeks of challenge)	1-4	30	\$10-\$40	\$300
Wellness Workshops	1	5	\$10	\$50
EAP Webinars and On-Demand Training	1	8	\$10	\$80
HealthQuest Financial Wellness Workshop	5	5	\$50	\$50
Preventive Exams: Bi-Annual Dental Exam	3	6	\$30	\$60
Preventive Exams: Annual Eye Exam	3	3	\$30	\$30

### Questions?

Please contact HealthQuest at  
888-275-1205, option 3, or [HealthQuest@Cerner.com](mailto:HealthQuest@Cerner.com).

